



## 2006 ARMED FORCES MEN'S AND WOMEN'S CROSS COUNTRY CHAMPIONSHIP

1. **COMPETITION RULES:** Current IAAF Rules, as amended by the Armed Forces Sports Committee (AFSC), if applicable. The Armed Forces Championship is conducted in conjunction with the USA Track and Field (USATF) Winter National Cross Country Championship.

2. **DIVISIONS AND COURSE DISTANCES:** Armed Forces runners will compete in the Open Division. Distances are approximate, as finalized by host of the USATF sanctioned championship:

- a. Men's Long Course Competition: 12K
- b. Men's Short Course Competition: 4K
- c. Women's Competition: 8K

Note: A runner in the men's competition may participate in either the long or short races, but not both. All competitors must declare their intent to participate on their Service team roster at the organization meeting.

3. **SCORING:** Men and women team scores will be separated. The winning men and women team is determined by USA Track & Field's displacement scoring system. This system adds the place number finish of team's official scorers, with place numbers affixed through the Armed Forces event, not the overall national championship event (i.e. the first place Armed Forces finisher in the Men's 12K, who finishes 16th in the national championship, receives the number 1, not the number 16). The winning men's team is determined by adding the displacement finishers of the top three of the team's six men participating in the Men's Long Course (12K), the top two of the team's four men participating in the Men's Short Course (4K). The winning women's team is determined by adding the displacement finishers of the top four of the team's five women participating in the Women's 8K.

4. **TIE BREAKER POLICY:** Placement of first non-scorer for each team (Either the fourth male long course finisher; the third male short course finisher; or the fifth place finisher in the women's race).

5. **SCHEDULE OF EVENTS:**

Thursday	Teams Arrive
2000	Organizational Meeting

Friday	0900-2000	Packet Pick-up
	1300-1700	Course Inspection
	1600-1730	-

**Informal Ice-Breaker** -Team members must attend the event in their service polo shirt with slacks (color determined by Service), and appropriate foot wear (no sneakers and sandals). Male personnel cannot wear earrings.

1900	Technical Meeting
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Saturday	1215	Men's Open 4K
	1245	Women's Open 8K

Sunday	1115	Men's Open 12K
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**Awards Ceremony** - (Conducted when times finalized by race organizing committee). Service teams are required to wear like-Service issued team apparel or competitive uniforms at the awards ceremony. Individual athletes who do not comply will not receive awards or be selected to the Armed Forces team.

Monday	Teams Depart
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Note: Times and dates of events may change as determined by the competition organizers.

**6. AWARDS:**

a. Individual: Awards are given to the top three finishers in the men's long course, men's short course, and women's competitions based on raw times.

b. Team Award: Individuals awards are given to each member of the first place and second place men's and women's teams (to include the team trainer and OIC).

**7. TEAM COMPOSITION - ARMED FORCES CHAMPIONSHIP:** Each service is allowed to enter the maximum number of competitors in each course event indicated in parenthesis. The event is open to all active duty personnel. Team points and awards will only be awarded to official Service Team members. Roster not to exceed 18 individuals:

- 6 Men (Long Course)
- 4 Men (Short Course)
- 5 Females
- 1 Coach
- 1 Certified Athletic Trainer
- 1 OIC

**8. TEAM COMPOSITION - CISM:** As follows or as dictated by host country invitation:

- 8 Men (Long Course)
- 4 Men (Short Course)

5 Women  
1 Coach  
1 Tech Committee Member  
1 Certified Athletic Trainer  
1 Team Captain  
1 Chief of Mission  
TOTAL: **22**

**9. FORMS AND ROSTERS: All Higher Level Advancement forms and Service Team Rosters for the Armed Forces Championship must be turned into the Host Project Officer at the Organizational Meeting.**